

**Full Report (All Nutrients) 11150, Chayote, fruit, cooked, boiled, drained, without salt**

Report Date: January 13, 2015 10:01 EST

Nutrient values and weights are for edible portion

Food Group : Vegetables and Vegetable Products

Carbohydrate Factor: 3.57 Fat Factor: 8.37 Protein Factor: 2.44 Nitrogen to Protein Conversion Factor: 6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup (1" pieces) 160g
<b>Proximates</b>					
Water	g	93.43	--	--	149.49
Energy	kcal	24	--	--	38
Energy	kJ	100	--	--	160
Protein	g	0.62	1	--	0.99
Total lipid (fat)	g	0.48	1	--	0.77
Ash	g	0.38	1	--	0.61
Carbohydrate, by difference	g	5.09	--	--	8.14
Fiber, total dietary	g	2.8	--	--	4.5
<b>Minerals</b>					
Calcium, Ca	mg	13	1	--	21
Iron, Fe	mg	0.22	1	--	0.35
Magnesium, Mg	mg	12	1	--	19
Phosphorus, P	mg	29	1	--	46
Potassium, K	mg	173	1	--	277
Sodium, Na	mg	1	1	--	2
Zinc, Zn	mg	0.31	--	--	0.50
Copper, Cu	mg	0.110	--	--	0.176
Manganese, Mn	mg	0.169	--	--	0.270
Selenium, Se	µg	0.3	--	--	0.5
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	8.0	--	--	12.8
Thiamin	mg	0.026	--	--	0.042
Riboflavin	mg	0.040	--	--	0.064

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup (1" pieces) 160g
Niacin	mg	0.420	--	--	0.672
Pantothenic acid	mg	0.408	--	--	0.653
Vitamin B-6	mg	0.118	--	--	0.189
Folate, total	µg	18	--	--	29
Folic acid	µg	0	--	--	0
Folate, food	µg	18	--	--	29
Folate, DFE	µg	18	--	--	29
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	2	--	--	3
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	47	--	--	75
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
<b>Lipids</b>					
Fatty acids, total saturated	g	0.086	--	--	0.138
Cholesterol	mg	0	--	--	0
<b>Amino Acids</b>					
Tryptophan	g	0.008	--	--	0.013
Threonine	g	0.031	--	--	0.050
Isoleucine	g	0.033	--	--	0.053
Leucine	g	0.058	--	--	0.093
Lysine	g	0.030	--	--	0.048
Methionine	g	0.001	--	--	0.002
Phenylalanine	g	0.036	--	--	0.058
Tyrosine	g	0.024	--	--	0.038
Valine	g	0.047	--	--	0.075
Arginine	g	0.026	--	--	0.042
Histidine	g	0.011	--	--	0.018
Alanine	g	0.038	--	--	0.061
Aspartic acid	g	0.069	--	--	0.110
Glutamic acid	g	0.094	--	--	0.150
Glycine	g	0.031	--	--	0.050
Proline	g	0.033	--	--	0.053

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup (1" pieces) 160g
Serine	g	0.035	--	--	0.056

**Language Code(s)**

- A0152 VEGETABLE OR VEGETABLE PRODUCT (US CFR)
- A1281 1100 VEGETABLES AND VEGETABLE PRODUCTS (USDA SR)
- B1730 CHAYOTE
- C0140 FRUIT, PEEL PRESENT, CORE, PIT OR SEED PRESENT
- E0152 DIVIDED INTO PIECES
- F0014 FULLY HEAT-TREATED
- G0015 BOILED AND DRAINED
- H0001 TREATMENT APPLIED NOT KNOWN
- J0001 PRESERVATION METHOD NOT KNOWN
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION
- P0078 NO SALT ADDED CLAIM OR USE